

## POLA KONSUMSI LEMAK DAN KADAR PROFIL LIPID PADA MAHASISWA OBESITAS

### *Fat Consumption Patterns and Levels of Lipid profiles in Obese Students*

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### ABSTRAK

Obesitas pada usia dewasa muda berhubungan dengan peningkatan resiko kejadian Penyakit Jantung Koroner, Hiperkolesterolemia, Diabetes Melitus dan Gangguan Metabolik. Pembentukan *aterosklerosis* berhubungan dengan profil lipid dalam darah. Profil lipid adalah keadaan lemak darah yang ditinjau dari total Kolesterol dalam darah, HDL, LDL dan trigliserida. Penelitian ini bertujuan untuk mengetahui Pola Konsumsi Lemak dan Kadar Profil Lipid Mahasiswa Obesitas Angkatan 2014 di Universitas Hasanuddin. Jenis penelitian adalah penelitian Deskriptif dengan desain *Cross Sectional*. Pengambilan sampel dilakukan dengan menggunakan teknik *Simple Random Sampling* dengan jumlah sampel sebanyak 75 orang. Hasil penelitian menunjukkan makanan sumber lemak yang paling sering dikonsumsi 1 kali/hari adalah telur ayam (skor konsumsi 1,0), bakwan 5 – 6 kali/minggu (skor konsumsi 0,78) dan minyak goreng 5 – 6 kali/minggu (skor konsumsi 0,77). Asupan lemak mahasiswa obesitas sebagian besar kurang dari angka kecukupan gizi individu yakni responden yang memiliki asupan lemak kurang sebanyak 42 orang (56 %), asupan lemak cukup sebanyak 15 orang (20 %) dan asupan lemak berlebih sebanyak 18 orang (24 %). Dari 75 sampel mahasiswa obesitas yang dilakukan pemeriksaan profil lipid diperoleh kadar kolesterol total yang tidak normal sebanyak 8 orang (10,7 %) dan kadar kolesterol total normal sebanyak 67 orang (89,3 %). Hasil pemeriksaan kadar trigliserida terdapat 18 orang tidak normal (24,0 %), dan kadar trigliserida normal sebanyak 57 orang (76,0 %). Hasil pemeriksaan sampel darah HDL, responden yang memiliki kadar HDL tidak normal sebanyak 11 orang (14,7 %) dan kadar HDL normal sebanyak 64 orang (85,3 %). Hasil pemeriksaan kadar LDL tidak normal sebanyak 10 orang (13,3%) dan kadar LDL normal sebanyak 64 orang (86,7 %).

### ABSTRACT

*Obesity in young adulthood is associated with increased risk of coronary heart disease events, hypercholesterolemia, diabetes mellitus and metabolic disorders. The formation of atherosclerosis associated with blood lipid profile. Lipid profile is a blood lipid situation in term of total blood cholesterol, HDL, LDL, and triglycerides. This study aims to determine the pattern of fat consumption and obesity levels of the lipid profile class of 2014 student at the Hasanuddin University. This type of research is a descriptive study with cross sectional design. The sampling was done by using simple random sampling with a total sample of 75 people. Research shows food sources of fat most frequently consumed one times a day is a chicken egg (skor consumption 1,0), bakwan 5-6 times/week (skor consumption 0,78) and cooking oil 5-6 times/week (skor consumption 0,77). Fat intake obese students mostly less than the individual nutritional adequacy rate respondents who have less than fat intake as much as 42 people, sufficient fat intake as much as 15 people (20 %), and excess fat intake as much as 18 people (24 %). 75 samples of student obesity conducted lipid profile investigation obtained a total cholesterol levels are not normal as many as 8 people, and normal total cholesterol level as much as 67 people (89,3 %). Examination triglyceride levels there are 18 people who are not normal (24 %) and normal triglyceride levels as much as 57 people (76 %). HDL blood sample test results, respondents who had normal HDL levels as much as 11 people(14,7%),and normal HDL levels as much as 64 people (85,3 %). LDL blood sample test results, respondents who had normal LDL levels as much as 11 people(14,7%) and normal LDL levels as much as 65 people (86,7 %).*

**Keywords :** *fat consumption patterns, lipid profile levels, obesity*